

## Emergency Contact Numbers

- ◆ Louisville Metro Emergency Management Agency  
**574-3900**
- ◆ Metro Call **574-5000**  
(TDD) **574-4091**
- ◆ Louisville Metro Health Department  
**574-6520**  
Environmental Health & Protection  
**574-6650**
- ◆ American Red Cross Disaster Services  
**561-3621**
- ◆ Crisis and Information Center  
**589-4313**
- ◆ Louisville Gas and Electric : **589-1444**  
Electric trouble/outages : **589-3500**  
Gas trouble/outages : **589-5511**
- ◆ Louisville Water Company  
**583-6610**
- ◆ Metropolitan Sewer District (MSD)  
**587-0603**

# Disasters... are you ready ?

*A Guide for Preparing for Disasters*



  
**Louisville** METRO  
HEALTH DEPARTMENT

**Introduction :** Cities and counties in all parts of the United States are preparing for disasters, whether its a flood, tornado, or an act of terrorism. Louisville Metro Government agencies that respond in disasters have joined together with healthcare groups, local hospitals, MSD, the Louisville Water Company, L.G.&E. and local businesses to develop a disaster plan for our community. These disaster response plans include emergency treatment for the injured and ill, and the provision of emergency shelter, food and clothing.

Response from these agencies will be quick, but they cannot reach everyone in the first 24 hours and in some cases it may be 3-5 days before help arrives. ***There are things you must do now to help in this effort!*** Develop a plan for communicating with your family and stock up with the necessary emergency supplies ***before*** a disaster.

**Here are some simple things you can do now to prepare!**

**Shelter-in-Place :** If you are at home, work or school and you have been asked to shelter-in-place, **it means staying put!** Some kinds of accidents or attacks may make going outdoors dangerous. Choose a room in your home for shelter. The best room to use is a room with as few windows and doors as possible. People should act quickly and follow instructions from their local Emergency Management Agency.

- Go inside as quickly as possible.
- ***If there is time***, shut and lock all outside doors and windows. This may provide a tighter seal against chemicals. Turn off the air conditioner or heater. Turn off all fans, too. Close the fireplace damper and any other place that air can come in from the outside. Tape plastic over any windows in the room. Use duct tape around the windows and doors and make an unbroken seal. Use the tape over any vents into the room and seal any electrical outlets or other openings. Sink and toilet drain traps should have water in them (you can use the sink and toilet as you normally would). Push a wet towel up against the crack between the door and the floor to seal it. If it is necessary to drink water, drink your stored water, not water from the tap.
- Listen to your radio or TV. Stay put until you are told it is safe or you are told to evacuate. Sheltering-in-place will only be for a few hours; usually until the chemical or biological has dispersed. There is little danger that you will run out of air and suffocate.

## First Aid Supplies and other needs

### Suggestions for a first aid kit for your Home

Sterile adhesive bandages in different sizes (Band-Aids)	Assorted sizes of safety pins and other fasteners for bandages
2-inch sterile gauze pads (4-6)	<b>First Aid manual of instructions</b>
4-inch sterile gauze pads (4-6)	Small flashlight/extra batteries
Hypoallergenic adhesive tape	Special heat-retaining blanket
Triangular bandages (3)	Syrup of Ipecac/activated charcoal
2-inch sterile roller bandages (3)	Aspirin/non-aspirin pain relievers
3-inch sterile roller bandages (3)	Laxative/anti-diarrhea medicine
Scissors and Tweezers	Antacid for stomach upset
Needles/magnifying glass	Cough syrups/decongestants
Anti-bacterial wipes	Other non-prescription medicine
Antiseptic ointment	<b>Other items to include if needed</b>
Tongue blades (2)	Prescription medicine
Disposable gloves (2 pair)	Extra eyeglasses/contacts/supplies
Hand cleaner/soap	Dentures/supplies
Cold pack/burn pack	Specialized medical equipment
Thermometer	Doctor/Pharmacy telephone #

**Other items :** sturdy shoes/work boots, waterproof coats, extra blankets, sleeping bags, battery operated radios or TV, flashlights/extra batteries, portable camp stove, paper products for food service, non-electric can opener, tools for simple repairs, fire extinguisher, emergency telephone numbers, cash and important family documents.

**Find out about you community's disaster warning system. Learn about disaster plans at your workplace, your child's school or other places where you spend family time. Make sure you have a plan for calling and checking in with family members. Provide an out of state contact also. Get Ready!**

## Emergency Sanitary Facilities

### **Emergency methods of disposal for human wastes and garbage must be provided to prevent disease.**

- ♦ Toilets may not flush if your water supply is not working. The water remaining in the fixture may not be enough to flush the wastes into the sewer system.
- ♦ Check to see if your wastewater treatment plant is still on-line. During a disaster, power service to the plant may no longer be available. Most large waste water treatment plants do have back up generators.
- ♦ To make an emergency toilet: use a watertight, small garbage container or 5 gallon bucket, line it with a plastic bag. Make sure you have a tight-fitting lid for your emergency toilet to keep down odors. For comfort, a garbage container or large bucket can be fitted with a toilet seat or a hole can be cut into the seat of a wooden chair and the bucket placed under the chair.
- ♦ After each use, pour a small amount of disinfectant in the container to control odor and germs. The tight-fitting lid should be put back on after each use.
- ♦ When this container is full, dispose of the contents in a larger, watertight container, lined with a plastic bag and covered with a tight-fitting lid.
- ♦ Provide adequate supplies of toilet tissue and other personal hygiene items such as, soap, toothpaste, feminine supplies, baby diapers and baby wipes.
- ♦ A 20 gallon container with a tight-fitting lid should be provided for garbage and rubbish disposal.
- ♦ Household bleach and/or other disinfectants should be handy for use in cleaning and sanitizing. Bleach without fragrances can also be used for purifying water.
- ♦ **Follow label directions when using any household cleaners. Never mix 2 different cleaners together in the same container. Mixing together ammonia and bleach could produce a vapor cloud that will knock you out!**

## Water Supplies

- ♦ Store a 3 to 5 day supply of water for each person.
- ♦ Store water in clean, plastic containers.
- ♦ Water fresh from the tap is safe to use.
- ♦ Stored drinking water may start turning moldy, or have a bad taste and odor during storage. Stored water should be changed every 3 months.
- ♦ **Store at least 1 gallon of water per person per day.** 2 quarts for drinking, 2 quarts for food preparation, sanitation and any other cleanup.
- ♦ Try these other sources for liquids: melted ice cubes, water-packed fruit and vegetables.
- ♦ Water is usable in the tank of your toilet for cleaning, if there are no toilet cleaners in the tank. **Do not use this water for drinking.**
- ♦ Water in a hot water heater has about 30-60 gal. Do not use this water for drinking if you see rust or sediment.
- ♦ If your water service is shut off or affected by a disaster, listen for media notifications to determine if the water is safe for drinking purposes. Water contaminated with toxic chemicals or radioactive materials cannot be purified using home decontamination methods.
- ♦ **Purifying water : Boiling water** is the best method. Micro-organisms that cause disease cannot survive boiling temperatures. Bring water to a rolling boil for 1 minute. Pour the water back and forth from one clean container to another to improve the taste. Adding a pinch of salt could also help. **Chemical purification** is another method, if boiling is not an option. Household chlorine bleach may be used to purify the water. Be sure that hypochlorite is the only active ingredient. Bleach with soap or fragrances can not be used. With an eye dropper, add 8 drops of bleach per gallon of water (16 if the water is cloudy), stir and let stand. After 30 minutes the water should taste and smell of chlorine. At this time it can be used. If the taste and smell (and appearance in the case of cloudy water) has not changed, add another dose and let stand. If after one half hour the water does not have a chlorine smell, do not use it.

## Food Supplies

- ◆ Store at least a 3 to 5 day supply of food.
- ◆ Store foods that require no refrigeration, very little preparation/cooking and require little or no water.
- ◆ Select foods that are lightweight and compact for easier storage. ***Example foods to store include :*** ready-to-eat canned meats, canned fruits and vegetables, canned concentrated milk, canned juices and soups, sugar, salt, pepper, high energy foods such as peanut butter, jelly, crackers, cereals and granola bars, instant coffee or tea and comfort foods such as cookies, candy and suckers.
- ◆ Select foods that will meet your family's needs in sizes that provide for one meal. This eliminates the need to store and refrigerate leftovers.
- ◆ Persons on special diets must store specialty foods. These types of foods could include infant formula, strained, chopped foods, sugar free/low sodium foods.
- ◆ Food in cans or glass will stay in good condition for 6 months or more. Store these food items in a secure, dry place, protected from the sun and dust. Store at a temperature of around 70°F.
- ◆ Rotate food in cans and glass at least once or twice a year. Rotate food in boxes at least every 3 months.
- ◆ If you experience a power outage, open refrigerators and freezers only when necessary. If the temperature of your refrigerator rises above 40°F, the food inside may be spoiled and should not be eaten. If food in the freezer is starting to thaw and ice crystals are still present, you can refreeze or cook this food. A full freezer will maintain 0°F for about 2 days. Use of plastic tarps, blankets, or other insulating coverings placed over your freezer will delay the cooling loss and thawing of your frozen food products.
- ◆ Propane and gas camp stoves used for cooking should be used outdoors. Locate outdoor fires for cooking away from flammable items/ keep watch over the fire.

## Emergency Heating or Cooling

- ◆ If your heating or cooling system is controlled by a thermostat and the electricity goes off, the system may not work.
- ◆ During power outages, turn off all appliances and household fixtures. You could cause sudden power demands when the service is turned back on.
- ◆ Turn off pilot lights for natural gas appliances and furnaces because gas can escape from an unlit pilot light when the service is turned back on.
- ◆ Close off rooms not in use and stay in one room.
- ◆ Alternative heat sources include a portable gas, kerosene or propane heaters, woodstoves and fireplaces. Alternative cooling systems during a disaster may be fans powered by generators.
- ◆ When you use alternative heat sources, provide adequate ventilation by opening a window several inches to prevent carbon monoxide poisoning.
- ◆ Charcoal grills, gas grills and propane or gas camp stoves should never be used indoors for heating purposes because of potential for carbon monoxide poisoning.

**Symptoms of carbon monoxide (CO) poisoning are nausea, dizziness and headache. If you feel better when outside in the fresh air, but symptoms return when back inside, you could have CO leaking from your heat source. Open windows to let in fresh air. Call for medical help if the symptoms of carbon monoxide poisoning continue.**

- ◆ Tips to keep warm include: layer clothing to trap body heat, wear a hat indoors, drink warm fluids and do mild indoor exercise. Tips to keep cool include : wear cotton, baggy clothes to allow for air circulation. Drink plenty of water, sponge cool water on your body or take short, cooling showers if possible.